**There are many great online resources that can be used with students in an Introduction to Psychology course when teaching development across the lifespan. Many instructors spend most of their time teaching infancy through adolescent stages, and students may find these stages the most relatable. But it is very important to teach students about adulthood and aging – especially healthy aging! Students will benefit when given the opportunity to investigate research and resources on adulthood stages of development.**

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| --- |
| **Middle Adulthood:** **Physical, Cognitive Development, Social and Emotional Development**  **The Nun Study** [**https://www.healthstudies.umn.edu/nunstudy/videos.jsp**](https://www.healthstudies.umn.edu/nunstudy/videos.jsp)  [**http://minnesota.publicradio.org/display/web/2012/03/09/daily-circuit-middle-age-health**](http://minnesota.publicradio.org/display/web/2012/03/09/daily-circuit-middle-age-health) **Carol Ryff, principal investigator at University of Wisconsin-Madison**  **http://www.aging.wisc.edu/midus/images/masthead_midus.png** |
| **About the study**  [**http://www.aging.wisc.edu/midus/scopeofstudy.php**](http://www.aging.wisc.edu/midus/scopeofstudy.php)  **Newsletters summarizing the findings to date**  [**http://www.aging.wisc.edu/midus/newsletter/index.php**](http://www.aging.wisc.edu/midus/newsletter/index.php)  **The culmination of a decade and a half of research, *How Healthy Are We?* presents the key findings from the** [**MIDUS**](http://midmac.med.harvard.edu/research.html#res1) **survey** [**http://midmac.med.harvard.edu/**](http://midmac.med.harvard.edu/)  **Researchers replace midlife myths with facts** [**http://www.apa.org/monitor/apr03/researchers.aspx**](http://www.apa.org/monitor/apr03/researchers.aspx)  **Aging Successfully** [**http://www.sfftests.webs.com/aging.html**](http://www.sfftests.webs.com/aging.html)  **Neuroscientists Pinpoint Midlife Crisis In Brain Circuitry As Key To Brain Aging And Onset Of Alzheimer's Later In Life** [**http://www.sciencedaily.com/releases/2004/01/040105071356.htm**](http://www.sciencedaily.com/releases/2004/01/040105071356.htm)  **The Leader in Aging Research** [**http://www.nia.nih.gov/**](http://www.nia.nih.gov/) |
| **Late Adulthood: Late Adulthood: Physical, Cognitive Development, Social and Emotional Development**  **VIDEO: Dan Buettner: How to live to be 100+** [**http://www.youtube.com/watch?v=I-jk9ni4XWk**](http://www.youtube.com/watch?v=I-jk9ni4XWk)   1. [**http://apps.bluezones.com/vitality/**](http://apps.bluezones.com/vitality/) **Answer 36 easy questions and get customized suggestions to help you feel younger and get more good years out of life.** 2. [**http://www.bluezones.com/about/**](http://www.bluezones.com/about/) **check out 6 Thrive Centers, 9 secrets from the world’s longest living people** 3. [**http://apps.bluezones.com/happiness/**](http://apps.bluezones.com/happiness/) **Take the Happiness Test to evaluate your social and psychological prosperity and see what you can do to lead a more joyful life.**   **Life Expectancy Calculator** [**www.livingto100.com**](http://www.livingto100.com)  **New England Centenarian Study** [**http://www.bumc.bu.edu/centenarian/**](http://www.bumc.bu.edu/centenarian/)  **Video : Aging Posted 01.09.07 NOVA**  [**http://www.pbs.org/wgbh/nova/body/aging.html**](http://www.pbs.org/wgbh/nova/body/aging.html)  **Video: Can We Slow Aging? Posted 02.26.11 NOVA**  [**http://www.pbs.org/wgbh/nova/body/can-we-slow-aging.html**](http://www.pbs.org/wgbh/nova/body/can-we-slow-aging.html)  ***Search for Fulfillment* Dr. Susan K Whitbourne**  [**http://www.searchforfulfillment.com/**](http://www.searchforfulfillment.com/)  ***Current Research:*** [***http://www.psych.umass.edu/abcstudy2***](http://www.psych.umass.edu/abcstudy2)  ***Psychology Today Blog:*** [***http://www.psychologytoday.com/blog/fulfillment-any-age***](http://www.psychologytoday.com/blog/fulfillment-any-age)  **Aging News** [**http://psychcentral.com/news/category/aging**](http://psychcentral.com/news/category/aging)  **Cheating Death** [**http://www.pbs.org/wgbh/nova/nature/oldest-organisms.html**](http://www.pbs.org/wgbh/nova/nature/oldest-organisms.html)  **A website about anti-aging quackery and growth hormone** [**www.antiagingquackery.com**](http://www.antiagingquackery.com) |

**Sample Class Activity**

1. **Please go to the Life Expectancy Calculator** [**www.livingto100.com**](http://www.livingto100.com) **and complete the inventory. You will get 10 pages of info. Specific to your results…good food for thought.**
2. **American Psychological Association –explore resources and articles** [**http://www.apa.org/topics/aging/index.aspx**](http://www.apa.org/topics/aging/index.aspx)
   1. **The Office on Aging is a coordination point for APA activities pertaining to aging and geropsychology (the field within psychology devoted to older adult issues). The Office on Aging also supports the work of the APA Committee on Aging.**
   2. **Integrated Health Care for an Aging Population Project A presidential Task Force addressed the challenge of how health care can best be planned and delivered for older adults.**
   3. **Updated** [**Life Plan for the Life Span 2012**](http://www.apa.org/pi/aging/lifespan.pdf) **(PDF, 3.42MB) now available for download.**
3. **Go to Dr. Whitbourne’s website *Search for Fulfillment*:** [**http://www.searchforfulfillment.com/**](http://www.searchforfulfillment.com/) **Read about the study related to her book; learn more about “you” and take part in real research. Keep track of the links you visit, the quizzes you take and the articles you read. Read one article from the Psychology Today Blog:** [**http://www.psychologytoday.com/blog/fulfillment-any-age**](http://www.psychologytoday.com/blog/fulfillment-any-age)
4. **Read about the NEW ENGLAND CENTENARIAN STUDY and prepare a summary of what your learned for class discussion** [**http://www.bumc.bu.edu/centenarian/overview/**](http://www.bumc.bu.edu/centenarian/overview/)
5. **Visit Dan Buettner’s: Blue Zones – related links and activities to the video we viewed** [**http://apps.bluezones.com/vitality/**](http://apps.bluezones.com/vitality/) **Answer 36 easy questions and get customized suggestions to help you feel younger and get more good years out of life**
6. **Take the** [**Happiness Test**](http://apps.bluezones.com/happiness/) **to evaluate your social and psychological prosperity and see what you can do to lead a more joyful life.**

**INDIVIDUAL ACTIVITY AND WRITTEN ASSIGNMENT**

**You will spend about an hour in class visiting websites. As you work through the reading and activities, keep notes – jot down new things you learned about aging from the research you have read, reactions to the articles and/or videos you view and what you learned about yourself after completing the inventories and/or questions on the research studies you chose to participate in.**

**GROUP PRESENTATIONS**

[**http://www.aging.wisc.edu/midus/newsletter/index.php**](http://www.aging.wisc.edu/midus/newsletter/index.php) **These newsletters provide summaries of some key findings that have resulted from the MIDUS study. You will be assigned one of the newsletters to read and discuss with your group (groups of 3, or 4 depending on class size). Prepare discussion questions and facts to share with the rest of the class to summarize the key findings.**

**Prepare a talk for students that will include what you feel teenagers should know about the physical, cognitive, social and emotional changes they can expect as they age. Include suggestions for healthy aging.**

**Prepare a talk for parents to present at your Back to School Night, or at a PTO meeting, a public library, adult activity center in the community. Taylor your presentation to the audience, providing information that you feel would be beneficial to them re: life stages, health, well-being.**

**INVESTIGATE: Psychology of Happiness and Well Being**

**Authentic Happiness is the homepage of Dr. Martin Seligman, Director of the Positive Psychology Center at the University of Pennsylvania** [**http://www.authentichappiness.sas.upenn.edu/Default.aspx**](http://www.authentichappiness.sas.upenn.edu/Default.aspx)

**Positive Health: An Overview** [**http://www.authentichappiness.sas.upenn.edu/newsletter.aspx?id=1559**](http://www.authentichappiness.sas.upenn.edu/newsletter.aspx?id=1559)

**Want to Participate in Positive Psychology Research? (must be 18 and older)** [**http://www.ppresearch.sas.upenn.edu/**](http://www.ppresearch.sas.upenn.edu/)

**TED: Understanding Happiness Wiley materials with TED Talks**

**Teachers and students can use *TED: Understanding Happiness* to enhance existing curricula in undergraduate education courses. Educators and students will find activities and multimedia resources which link the study of happiness to the real world, plus expanded academic content such as key terms, related journal articles and classic experiments. For an abridged, interactive version of this content, subscribe to the TED: Understanding Happiness course via the iTunesU course app for iPad**

[**http://www.wiley.com/WileyCDA/Section/id-814228.html**](http://www.wiley.com/WileyCDA/Section/id-814228.html)

**GALLUP Well Being** [**http://www.gallup.com/poll/wellbeing.aspx**](http://www.gallup.com/poll/wellbeing.aspx)

**Greater Good: The Science of a Meaningful Life** [**http://greatergood.berkeley.edu/about**](http://greatergood.berkeley.edu/about)

**Enhance your Wellbeing: Discover your path to a flourishing life** [**http://www.takingcharge.csh.umn.edu/**](http://www.takingcharge.csh.umn.edu/)

**Learn how the 7 Habits of Happiness can improve your well-being.** [**http://www.pursuit-of-happiness.org/**](http://www.pursuit-of-happiness.org/)

**American Psychological Association** [**http://www.div17pospsych.com/**](http://www.div17pospsych.com/)

[**http://teachpsych.org/otrp/resources/index.php**](http://teachpsych.org/otrp/resources/index.php) **Positive Psychology Teaching Tools: Supplemental Readings to Core Texts (2012) (OTRP Online pdf) Description: This 19 page resource describes collections of readings, edited volumes, and handbooks that might supplement positive psychology textbooks as well as more specialized texts that could supplement seminars on specific positive psychology topics.**

**What Makes Us Happy - 9 talks (TED Understanding Happiness)** [**http://www.ted.com/playlists/4/what\_makes\_us\_happy.html?source=facebook#.USTqz2v5lEN.facebook**](http://www.ted.com/playlists/4/what_makes_us_happy.html?source=facebook#.USTqz2v5lEN.facebook)

**Sonja Lyubomirsky : The How of Happiness; Myths of Happiness**

[**http://video.search.yahoo.com/search/video?p=sonja+lyubomirsky+happiness**](http://video.search.yahoo.com/search/video?p=sonja+lyubomirsky+happiness)

**David Myers: The Pursuit of Happiness**

**A keynote lecture on "The Scientific Pursuit of Happiness" attracted a crowd of hundreds to Langara College on February 9th, 2012.** [**http://www.youtube.com/watch?v=y3huf9nArhY**](http://www.youtube.com/watch?v=y3huf9nArhY)

[**http://www.davidmyers.org/Brix?pageID=47**](http://www.davidmyers.org/Brix?pageID=47)

**Ed Diener: Happiness: Unlocking the Mysteries of Psychological Wealth (2008) Articles available full text on his website** [**http://internal.psychology.illinois.edu/~ediener/index.html**](http://internal.psychology.illinois.edu/~ediener/index.html)

**National Standards for High School Psychology Curricula August 2011**

[**http://www.apa.org/education/k12/national-standards.aspx?item=8**](http://www.apa.org/education/k12/national-standards.aspx?item=8)

***\*\*\*There are so many resources on-line for students to explore and for teachers to use in class. Please email me if you have any questions, or ideas you would like to share with me!***

**THANK YOU!**

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**STP Membership Committee Chair**

[**http://teachpsych.org/members/registration/index.php**](http://teachpsych.org/members/registration/index.php)